1.1 INTRODUCTION

Individuals of all ages experience stress, but single parents are particularly vulnerable. Single parents often complain that they have too much to do, not enough time, and not enough money to maintain themselves and their families. As a consequence of a life-altering catastrophe, like as death or divorce/separation, single parents confront extra difficulties as they cope with the painful emotions that are often associated with such an occurrence. Stress reduction is really essential for the parent as the children. Children flourish when their parents are able to relax and devote time and attention to them. Stress reduction helpsparenting become easier. In reality, by reducing the amount of energy that is squandered by stress, one may perform better in all areas of life.

One of the most challenging aspects of being a single parent is juggling two sets of responsibilities that need equal levels of energy, time, and attention. It is possible to describe a single parent family as a household headed by a single mother or father and their dependent children. One of the two people involved in the creation of a child (i.e., the mother or father) becomes solely responsible for the child's care and development under the practice of single parenting.Single parenting is formed when either the male or female parent decides to have and raise a child or children. As a result, the surviving spouse is responsible for the upbringing of their children. As a single one has a lot of obligations and challenges to deal with. When compared to married parents, single parents are more prone to suffer from high levels of chronic stress and depressive episodes.

Child care and other caregiving activities must be balanced with personal work and leisure commitments for single parents who are not married or cohabiting.This is a difficult endeavour that requires the mobilisation of physical, emotional, and financial resources. Single parents' mental health and psychological well-being are jeopardised by the increased burdens they bear because of the growth in the number of single-parent homes.

1.1.1 Stress

The author explains that it’s not stress that kills us, it is our reaction to it. Selye Hans is a slang term for a woman who is a mother of two children (1956). All of us are stressed. As a consequence of our responses to external circumstances, it manifests itself. We will no longer be anxious after we have stopped responding. One of the most significant work-related psychiatric issues is believed to be occupational stress. A poll published in the Journal of Managerial Psychology in 2005 found that teaching was the second most stressful profession

out of twenty-six jobs investigated, with teaching classified as the second most stressful job in the country. Only ambulance drivers showed greater levels of stress than those employed in the teaching profession, according to the study (Cooper, C. L., 2005). The tremendous stress placed on teachers has substantial and far-reaching effects for their personal and professional lives. The physical manifestations of addiction are headaches, high blood pressure, infections, digestive disorders, heart disease, or cancer. Withdrawal and poor focus are the mental symptoms of addiction; anxiety, sadness, sleeplessness, burn-out, and an elevated risk of suicide are the mental health manifestations of addiction. Low self-esteem, increasing drug or alcohol intake, and poor personal relationships are some of the behavioural aspects of addiction.

1.1.2 Occupational Stress

Occupational stress is stress that is caused by one's employment. Occupational Stress is often caused by unanticipated duties and demands that do not fit with a person's knowledge, abilities, or expectations, resulting in a person's inability to deal with the situation. It is possible that employees will suffer elevated levels of occupational stress if they do not feel supported by their superiors or co-workers, or if they perceive they have little control over their employment.Occupational importance, workload, work-related politics, interpersonal interactions at work and working environment are just a few of the job stresses to consider. In practically all jobs across the world, occupational stress has become a necessary element of the job description. Using cutting-edge technology, dealing with disinterested students, and dealing with the generational split have all added to the already high levels of stress faced by individuals working in the teaching field.

As a result, the single parent the necessity of maintaining a healthy work-life balance cannot be overstatedA huge number of research studies have come to the conclusion that the Quality of Work Life (QWL) is one of the most essential and successful strategies in the management of human resource resources.As a consequence of the job stress that single parents are experiencing, there are some alarming signs regarding the Quality of Work Life that they are experiencing at their place of employment. Single parents are encouraged to participate in Quality of Work Life initiatives, which help them strike aimpact between their professional, personal.

1.2 STATEMENT OF THE PROBLEM

Single-parent households are becoming more common. Most of the time, the mother or father is the sole parent who has the task of raising the children on their own two feet. It has been shown that the vast majority of single-parent households are made up of single moms. Working single parents are suffering from professional stress, which is driving them to have a work-life balance imbalance. Single parent families were seen as weird creatures by the general public, as entities that are fundamentally broken and deficient, and as such are doomed to fail as a result of the lack of single partners. Overcoming such preconceptions, Women's Studies make a significant contribution to broadening our viewpoint by taking an impartial look at the lives of single mother households. As a result, the purpose of this study is to contribute to occupational stress among single parents who work in a variety of occupations. It is necessary to investigate the difficulties and possibilities of these single parents from the standpoint of stress, which may lead to an imbalance between job and family life. Specifically, the present research will look at the challenges of occupational stress that affects work-life balance, as well as finding self-management intervention ways to minimise the stress levels of single mothers and fathers.

1.3 RESEARCH GAP

They are many studies related to occupational stress covering different areas of theory and practices, occupational stress its effects on family environments, its management among different department (Educational, Medical, Financial services and IT sector) occupational stress intervention its strategies.

In India there clearly exist a lacuna in research regarding Occupational Stress and Single parenting. Hence the concentration of this study is to understand Occupational Stress in the context of how it varies in different family structures especially Single Parent Household, and how it varies across professions.

1.4 RESEARCH QUESTIONS

Based on the research gap following research questions were framed.

1. Will be there any association between the socio demographic variable of single parent household with the occupational stress factors?
2. What is therelative importance of occupational stress/stressor(s) factors among the single parents?

3. What is the impact of occupational stress factor on the single parent Work-Life Balance?
4. Are there any self-management intervention strategies that single parents can practice to reduce the occupational stress levels?

1.5 OBJECTIVE OF THE STUDY

1. To study the association between the socio demographic variable of single parent household andoccupational stress factors.
2. To identify the relative importance of Cause(s) of Stress/stressor(s) among single parents.
3. To study the occupational stress factor impact on the Single Parent Work-Life Balance.
4. To identify self-management intervention strategies that single parents can practice to reduce the occupational stress levels

1.6 HYPOTHESES OF THE STUDY

- **$H0_1$:** There is no Significant Association between Socio-demographic factors of single parents with the occupational stress.
- **$H0_2$:** There is no significant impact of occupational stress factors on the single parent work-life balance.

1.7 SCOPE OF THE STUDY

The present study concentrates on the occupational stress among the single parents working in select sectors. It has been observed stress level are causing the work-life imbalance of many professionals but it will be even high in single parent. The study considering the four sectors related professionals i.e., Education, Finance, Hospital/Medical and IT sectors. The study based on the literature support following occupational stress factors considered to know the influence on the work-life balance of single parent.

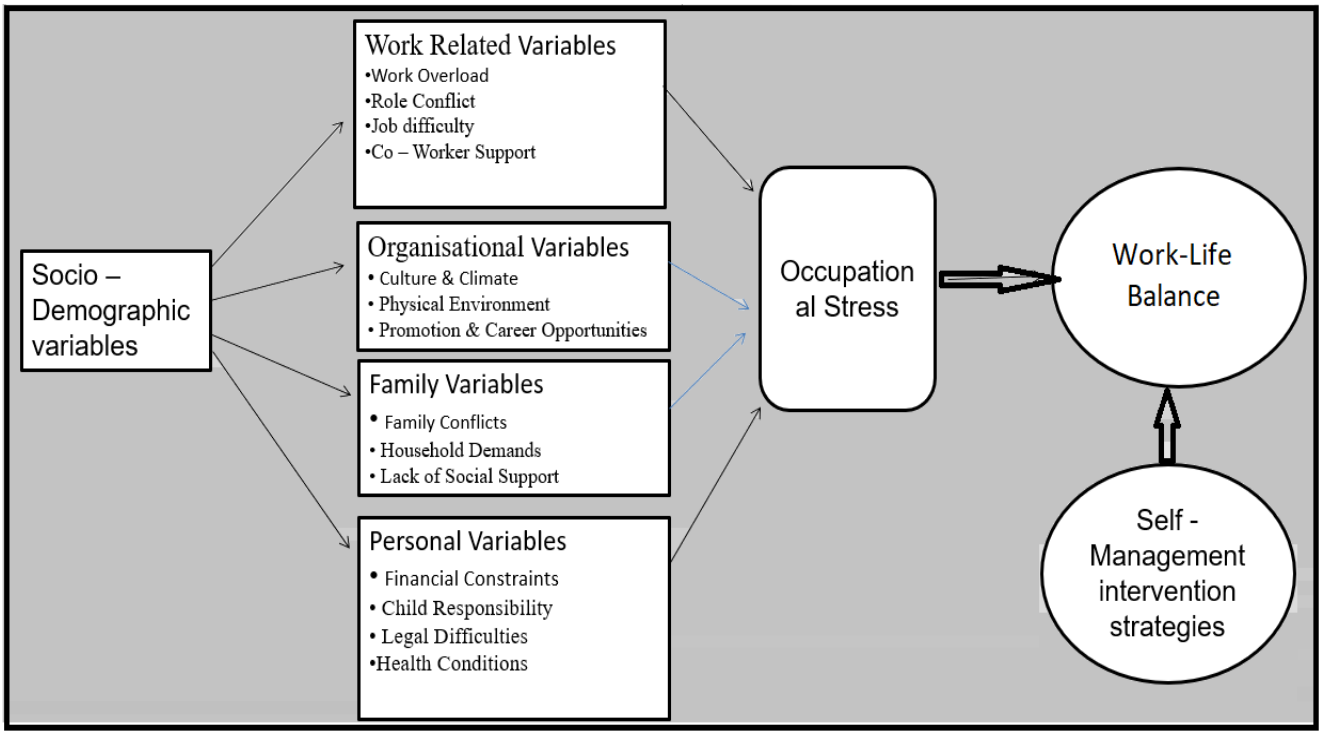
- Work related factors
- Organizational related Factors
- Family Related Factors
- Personal related Factors

1.8 RESEARCH METHODOLOGY

The study adopted the descriptive and empirical research approach for the study. The study utilised the approach to understand the association and relative importance of the variables/factors, and also to understand the self-management intervention strategies, andeffect of occupational stress on the work-life balance of single parents working indifferent professional sectors.

Figure 1.1

CONCEPTUAL FRAMEWORK



Source: Compiled by the Researcher

Table- 1.1 Literature Support for the Variables

Authors Name	Variables
	Work Variables
Smith, A. (2000), S. Selvaraju(2017)	Work Overload
AbhishekShukla& Rajeev Srivastava 2016	Role Conflict
H.Mohanasundaram , Dr.C. Muthuvelayutham 2017	Job Difficult
AbhishekShukla& Rajeev Srivastava 2016	Co – Worker Support
	Organisational Variables
Smith, A. (2000),	Organizational Culture & Climate
Smith, A (2002)	Organizational Physical Environment
AbhishekShukla& Rajeev Srivastava 2016	Promotion and Career Opportunities
	Family Variables
NidhiKotwal&BharatiPrabhakar, 2017	Family conflict
NidhiKotwal&BharatiPrabhakar, 2017	Household Demands
Prabuchandru, Dr. D. GnanaSenthil Kumar,2018	Lack of Social Support
	Personal Variables
NidhiKotwal&BharatiPrabhakar, 2017	Financial Constraints
	Children Responsibility
	Legal Difficulties
	Health Conditions

Source: Compiled by the researcher (Review of Literature)

1.8.1 Methods of data Collection:

After a research issue has been established, the work of data gathering may begin in earnest. The information needed has been gathered from primary and secondary sources, according to the requirements. The following information is critical to the study's success.

1. Primary data.
2. Secondary data.

For this research, the most important pieces of information were gathered using the following methods.

A preliminary timetable of information gathering was drafted and shared with the single parents. The questionnaire was created in accordance with the study's aims and hypotheses, as well as the participants' responses. Individual interviews were conducted with the single parents. Informal personal conversations with single parents who are both registered and unregistered in the workplace. Secondary data has been gathered from a variety of sources, including yearly reports of government records, journals, research papers, and unpublished publications, among others.

1.8.2 Sampling Sequence Stage – 1 (Sample Method):

The present study has considered the convenient sample working in four different sectors. The study considering the single parent and the data will not be available with any government agencies and authorized body. The study considered the Hyderabad Khammam, Nalgonda, Suryapet and Yadadri districts, where maximum working professionals are available in all sectors compared to other districts of Telangana state. For this study the sample selection has been done in the following process:

Sampling Sequence Stage -2: (Selection of respondents)– The study has collected the data from the district of Hyderabad, Khammam, Nalgonda, Suryapet and Yadadri. The study respondents were selected should be single parent, which in the absence of spouse he/she is taking care the children. The parents got separated due to divorce or death spouse.

Stage -3: (Universe)– The study considered the single parent who are taking care of family along with the children more than a year or more.

Stage -4: (Selection method)– The respondents were selected through convenient sampling methodology. As the population size is not known. The researcher faced difficulty in collection of primary data. Though the respondents were working professional’s majority of them didn’t registered the data with their working organizations.

1.8.3 Research Procedures:

When conducting the current research, the information was gathered in the form of statistics that could be quantified or summarised (Allen, Titsworth, & Hunt, 2008). When it comes to quantitative research, the emphasis is succinct and limited. The information is gathered by the

distribution of a structured instrument, such as a questionnaire, to bigger sample sizes that are representative of the population (Gall, Borg, &Gall, 2003).

1.8.4 Survey Instrument: The Structured Questionnaire

When undertaking research, a questionnaire is issued to a large number of individuals in order to collect their ideas and opinions on the topic at hand. Using a questionnaire, you may learn about the views and sentiments of a large group of individuals (Pinsonneault& Kraemer, 1993). The researcher has the option of using either structured or unstructured questionnaires. Unstructured questionnaires entail higher engagement from the respondents as they force them to answer the questions in their own words, while structured surveys only ask the respondent to choose and mark the proper response (Babbie, 1998). The majority of the data in this research was gleaned through survey replies provided by participants.

1.8.5 Questionnaire Scale:A standardized questionnaire exposes each respondent to same set of questions (Brace, 2008). Each of these items is evaluated on 5-point Likert scale.

Table-1.2 Questionnaire for occupational Stress of single parents

Section	Section Heading	Sub-parameters
I	Socio-Demographic Factors	-
II	Occupational stress Factors	Work Related Factors
		Organizational Related Factors
		Family Related Factors
		Personal Related Factors
III	Work-Life Balance	-
IV	Self-Management intervention strategies	-

Source: Compiled by the researcher

1.8.6 Sample Distribution

The study distributed the questionnaires sector wise on many organizations located in Hyderabad. Khammam, Nalgonda, Suryapet and Yadadri districts. The study adopted the snowball method to distribute the questionnaire and collected the responses from them.

Table- 1.3Sample Distribution

S. No.	Sector	Distributed	Received	Considered
1	Educational Sector	250	200	174
2	Medical/Hospital Sector	250	70	55
3	Financial Institution Sector	250	81	70
4	Information Technology Services	250	137	126
	Total	**1000**	**488**	**425**

Source: Compiled by the researcher

The study distributed 1000 questionnaires among the selected four sectors working professionals and received the 488 sample from the respondents and considered the 425 completed questionnaires.

1.9 STATISTICAL TOOLS

Analysis of the acquired data has been done in a substantial way. There were appropriate statistical procedures utilised for the examination of data such as Chi-squares (percentages), frequencies Chi-squares, Neural Networks, Structural Equation Models (SEMs), confirmation factor analysis confirmatory factor analysis (CFA) and exploratory factor analysis (EFAs).

1.9.1 Cronbach's Alpha(α) Reliability Test for Single Parent Data: To determine the validity of the main data. Survey participants were asked for their thoughts using a five-point likert scale questionnaire. The research will use a reliability test to determine whether the main data is reliable enough to meet the study's stated goals. Cronbach's Alpha will be taken into account, i.e.> 0.7. There will be consideration for the likert scale opinion questions and their computed values must be more than 0.7.

1.9.2 Chi-Square (χ-^{Square}) Test: Using chi-square tests, the researchers discovered an association between single parents' socio-demographic characteristics and the occupational stress factors. challenges they face in certain professions.

1.9.3 Neural Network Analysis: The study applied the neural network to identify the Cause(s) of Stress/stressor(s) among single parents across select Professions. The study considered the Work related, Organizational, Family related and Personal related factors, which are leading the employees to get stress. The neural network will give the importance level among the four segments parameters, these parameters which are vital in increasing the occupational stress among the single parents are identified.

1.9.4 Structural Equation Model: Multiple independent variables were examined using the structural equation model to determine their influence on the dependent variable. An examination of the impact of work-life balance on a single parent, level of occupational stress is underway.

1.9.5 Exploratory Factor Analysis: Researchers used exploratory factor analysis to identify the most effective self-management techniques for single parents in order to reduce the degree of stress in certain occupations.

1.10 LIMITATIONS OF THE STUDY

The study has got the following limitations for the study

1. The study is confined to the occupational stress of single parents working in Hyderabad district of Telangana state.
2. The present study has considered single parents' opinions from four sectors. There may be many sectors, which were not considered.
3. The occupational stress will have impact on the various aspects but the study measured the impact on work-life balance of single parents.
4. The statistical analysis has been applied based on the opinions given by the respondents. The statistical results may not match with the ground reality.

1.11 FINDINGS OF THE STUDY

The study has framed four objectives and applied various statistical tools. The findings were derived with the statistical results.

1st Objective Findings of demographic variables

The objective has been focused to know the association of single parents' socio-demographic factors with the occupational stress factors. The study applied the chi-square test and observed the following key findings based on the statistical results.

1. The study observed that Female single parents are experiencing higher stress than male single parents in the study. Previous research **Iqbal Z (2015), Duncan S, Goddard H (2011)** suggests that female parents are exceeding stressed than male parents.
2. The study reveal that, parents between the ages of 31 and 40 and 41-50 have the highest level of stress, while single parents between the ages of 20 and 30 have a lower level of stress.
3. Single parents with the annual income of less than 2.5 lakh were found to have less level of stress as compared to the parents, whose annual income is between 2.5 lakh to 3.5 lakh and 3.5 lakh to 5 lakh.
4. The study observed that organizational stress having the higher among the female single parents (16.20%) compared to male single parents. The study observes that doe to absence of male in family, female single parents are emotionally getting stressful compared to male.
5. According to the survey findings, parents who have been divorced (10.10%) and widowed (12.90%) have the highest levels of family stress. According to the study's findings, divorce or separation from a life partner is a source of stress for single parents. They will eventually be responsible for raising children.
6. It reported that level of stress is high among the private job holder than the government job holders and those parents whose educational qualification is graduate and Post graduate are found to be having high stress and parent with below education (i.e. intermediate) are found to be having moderate stress.
7. The study observed that the single parents who are graduates (8.50%) are observed to be having the stress with the organizational stress. The studies observed that majority of the respondents are graduates working are experiencing the stress levels.

8. It has been observed that 2.5 to 3.5 lakhs income group single parents are experiencing (6.6%) stress. Therefore, it states that due to low income unable meet the required expenditure most of the respondents are feeling stress.

2nd objective Findings

The study has been emphasized to know the causing factors among the single parents leading stress. The study applied the neural network statistical method to prioritise the importance level among the stress factors segment wise. The following are the findings derived based on the results.

1. The majority of respondents reported that work-related stress is increasing among single parent households due to low basic pay, heavy workload in the organization, and a lack of opportunities to work independently.
2. Uncooperative subordinates/supervisors, as well as complicated work assignments, are some additional high stress factors, with percentiles of 67.1 percent and 54.4 respectively. It states that at work place due to non-cooperation of subordinates and supervisors the single parents stress level increasing. The study also observed that with the complicated work assignments, the employees are taking time.
3. It reveals that the majority of respondents experienced high levels of stress due to frequent changes in management policies and regulations, as well as a lack of supervisor support. It also stated that an insufficient reward/recognition system and an unfair promotion system in organizational practices are two additional organizational stressors that contribute to high stress among single parents.
4. The results show that the majority of respondents believe that low basic pay (100%), heavy workload in the organization (83.7%), and job demand interfering with personal time (81.7%) are the three major stresses that single parent households face.
5. It indicates that single parents have a high level of responsibility to their family, which is a major source of stress. Lack of emotional support and proper communication following their separation/widow/divorce are factors that cause them to neglect tasks, increasing stress levels among single parents.
6. It indicates that Earning is a major personal stressor for a single parent of a household, i.e., the income they earn is insufficient to maintain their current standard of living. Other factors discovered by the study that contribute to stress in single parent households include financial constraints (45.5%), personal health (41.6%), and legal

difficulties (44.1%).

3rd Objective findings

The study examined the impact of occupational stress of single parents on the work-life balance. The study applied the structural equation model to know the multiple independent variables impact on the dependent variable. The following findings have been derived with the statistical results.

1. It reported that a lack of cooperation from subordinates/supervisors and a lack of career opportunities in their current organization are the two work-related issues that are causing an increase in stress levels among single parent households.
2. It reveals that the majority of respondents are unable to perform their daily tasks due to constant pressure, and the majority of them are unable to complete their task performance on time due to a lack of interpersonal support. The study reported that, this kind of work-related stress has a significant impact on the stress levels of single parents in the study area.
3. It found that, Physical and Work environment are factors under the organization stress which are found to be negatively impact and the study stated that with increase in these factors will leads to health issues and wellbeing as well as reducing task performance.
4. Family conflict and a lack of emotional support has been found that significant effect on the stress level of single parents, and it has been stated that the majority of single parents working in the study area are dealing with family issues, particularly with women. It has been observed that lack of emotional support from their family members, which appears to have an indirect effect on their mental health.
5. It reports that the majority of single parents is struggling with their personal health and is unable to meet their financial obligations such as rent, loans, and so on, and the study stated that an increase in this type of personal issue will have a negative impact on organizational productivity and job satisfaction.

4th Objective Findings

The objective deals with the devising factors of self-management strategies of single parents to reduce the stress level. The study collected the opinions from the respondents through the drafted questionnaire. The study applied exploratory factor analysis to extract the higher

loading factors, which can be implemented by the single parents to reduce the stress level.

1. It also states that, majority of respondents felt relaxing while doing physical workout/ exercise (0.527) and appreciation to music (0.516) and stated these is most popular stress-relieving therapies which has reported by various researcher.
2. The study stated that, imbibe positive affiliation and getting a good night's sleep are two other major factors that contribute to employee stress reduction.
3. Time Management and Medical help are the next best remedies to reduce the stress which has scores of 0.512 and 0.556, respectively. According to the study, those who can effectively manage their time can handle a variety of situations.
4. It found that majority of respondent in the study area felt relaxing while taking temporary break from work and avoidance of the stressful situations and these factors lead them to focus in their day-to-day task.
5. It reveals that the majority of respondents in the study area suggested stress relief by literature engagement (0.584) and spending time with social interaction with friends (0.555). Thus, it states that literary habit will kill the stress and by spending productive time with the friends one can share the problems, through that single parents can reduce the stress level.

1.12 HYPOTHESES OF THE STUDY AND THEIR CONCLUSIONS

The study has framed three hypotheses based on the objectives. The study applied the various statistical tools to test the hypotheses. The status of the hypotheses has been discussed below,

H01: There is no Significant Association of single parent Socio-demographic factors with the occupational stress.

H1: There is a Significant Association of single parent Socio-demographic factors with the occupational stress.

The study examined the single parent socio-factors association with the occupational stress in select professions. The study applied the

The study examined the association of single parent socio-demographic factors with the occupational stress factor. The study collected the primary data from the respondents, who are working in four different sectors. The p value observed to be < 0.05. The study applied the chi-square test and observed the significant association between the single parent socio-

demographic factors with the occupational stress. Hence, the null hypothesis has been rejected and accepted the alternative hypothesis it can be inferred that the majority variables are associated with occupational stress factors.

The study examined the occupational stress factors among the single parents working across the select professions, The study collected the primary data from the single parents' respondents in the aspect of occupational stress. The study applied the neural network statistical method to identify the priority level among the considered factors. The study result stated that all the work/job, organizational, family and personal factors are having the different importance level

Area under the curve is to evaluate and validate the data of Work/job, organisational, Family and Personal stress is good. Here AUC is extended to evaluate the multi – class measuring scales. The tabulated values are greater than 0.5, which is indicates the higher chances to predicting the importance level of organisational stress.

H02: There is no significant impact of occupational stress factors on the single parent work-life balance .

H2: There is a significant impact of occupational stress factors on the single parent work-life balance.

The study examined the occupational stress factors Impact on the single parent work-life balance. The study collected the primary data from the single parents' respondents in the aspect of occupational stress and work-life balance. The study applied the structural equation model statistical method to identify impact of single parents occupational stress factors on the work-life balance. **Hence, the study rejects the null hypothesis and accepts the alternative hypothesis.** The study result stated that all the occupational stress factors are having the significant impact on the work-life balance.

1.13 CONCLUSION OF THE STUDY

The present study focused on the occupational stress on the single parents of select sectors The study considering the five sectors related professionals i.e., Education, Finance, Medical, IT and other sectors. The study applied the convenient sampling method for the sampling purpose and collected the primary data from the respondents from Hyderabad districts. The objective has been focused to know the association of single parents' socio-demographic

factors with the occupational stress factors. The study applied the chi-square test and observed found that female single parents are more stressed than male single parents. The survey found that parents aged 31-40 and 41-50 are the most stressed, while parents aged 20-30 are the least stressed. Single parents earning less than 2.5 lakh had less stress than parents earning between 2.5 lakh and 3.5 lakh and 3.5 lakh to 5 lakh. It discovered that parents with graduate and postgraduate degrees had high stress levels, whereas parents with less education (i.e., intermediate) have moderate stress levels.

The study has been emphasized to know the causing factors among the single parents leading stress. The study applied the neural network statistical method to prioritise the importance level among the stress factors segment wise. The study observed that, poor basic income, intense workload, and limited autonomy all contribute to work-related stress for single parents. It has been observed, there are inconsistencies in management rules and processes, as well as a lack of supervisor assistance. Inadequate reward/recognition and unequal advancement are two more occupational pressures that affect single parents. The three primary pressures faced by single parent households appear to be a lack of basic income, a high workload, and employment commitments interfering with personal time. Single parents face a lot of stress because they have a lot of family duties. Lone parents who lack emotional support and communication tend to ignore duties, which add to their stress. Working as a single parent is difficult since the income is insufficient to sustain a decent level of living. Financial difficulties, personal health issues, and legal issues all contribute to stress in single parent families.

The study examined the impact of occupational stress of single parents on the work-life balance. The study applied the structural equation model to know the multiple independent variables impact on the dependent variable. Two work-related issues are raising stress levels in single parent households: a lack of cooperation from subordinates/supervisors and a lack of career opportunities. The majority of respondents are unable to complete daily tasks due to on-going stress and a lack of interpersonal support. The study discovered that work-related stress had a significant impact on the stress levels of single parents. According to the research, increased physical and work environment stress leads to health problems, decreased job performance, and decreased task satisfaction. The majority of single parents working in the study area, particularly women, are dealing with family issues. It has been reported that a lack of emotional support from family members has an indirect impact on mental health.

According to the findings, an increase in personal issues has a negative impact on organisational productivity and job satisfaction.

The objective deals with the devising factors of self-management strategies of single parents to reduce the stress level. The study applied exploratory factor analysis to extract the higher loading factors, which can be implemented by the single parents to reduce the stress level. The study found that morning or evening walks and meditation/yoga are the best ways to reduce stress. Physical Workout/ Exercising or Appreciation to music, the most commonly reported stress-relieving therapies, made most respondents feel relaxed. The study also found that imbibe positive affiliation and getting enough sleep help reduce stress. Then it's time management and medical help. Timers are versatile, the study found. Relaxing vacations and avoidance of the stressful situations helped most study area participants focus on daily tasks. Literature engagement and spending time with family or friends were suggested by most people in the study area

1.14 SUGGESTIONS OF THE STUDY

1. According to the study, changes in management policies and regulations, as well as a lack of supervisor support, are causing stress. As a result, the study suggests that organisations should focus on policy formulation and the maintenance of cordial relationships among employees in order to minimise their stress levels.
2. According to the study, single parents' stress levels are rising due to a lack of emotional support and effective communication. As a result, the study proposes that single parents engage in social activities so that positive thinking can grow and stress can be lessened.
3. The study advises the time management and medicine are the most effective stress-reduction approaches. Those who are skilled in time management can cope with a broad variety of situations.
4. The study observed that single parents are unable to perform their daily tasks due to work stress and a lack of interpersonal support at work. As a result, the study recommends that management implement a few measures to assist single parents in balancing work and life.
5. An individual's psychological well-being suffers as a result of a lack of social bonds and interactions with friends. According to the study's findings, single parents should participate in social activities and establish connections to relieve stress.

6. Family members' lack of emotional support seems to have a negative impact on their mental health of single parents. Therefore, the study advices the family members should support the single parents emotionally, which reduce the stress among them.
7. The salaries in private institutions must be comparable to those paid by the government. Stress could be reduced if the long-standing issue of wage disparities between government and private institutions is resolved in a balanced way.
8. The study advises the single parents to make a habit of reading books and spending time with close ones or friends, which will helps to reduce the stress among the single parents.
9. The study observed that doing Mediation/Yoga earlier in the day and walking in the morning or evening are the best stress relief factors. Therefore, the study suggests the single parents to practice the meditation and regular exercise will reduce the stress.
10. The study observes that single parents need to be independent financially, so that they can take-care the family requirements without difficulty. Thus, the study suggests the single parents to focus on the continuous income sources, so that single parents no need to dependent on others.

1.15 FURTHER RESEARCH SCOPE

1. The study advised to broaden to include the subjective and psychological well-being of female working single parents.
2. The study advised to focus on the single parents who are working as Primary school teachers, in particular, may benefit from in-depth research since they spend a significant amount of time with children.
3. Stress management programmes and anger management strategies might be used to investigate the effects of impact programmes.
4. The study suggests to compare the urban and metro areas can be involved in future study astheir life styles are different from employees in sub urban and rural areas of single parents.

1.16 CHAPTER PLAN OF THE STUDY

The study framed the following chapter plan

Chapter – I: Introduction

The chapter focuses on Stress, Organizational Stress and Theoretical framework. The study also emphasized on the Background of the Study, Statement of the Problem, Research Gap,

Chapter – II: Review of Literature

The study reviewed the literature in the aspect of stress, Organizational stress, Work-life Balance of Single Parents. The literature survey emphasized on the coping measures which will improve the work life balance of single parents.

Chapter – III:

The chapter focus on Research Questions, Objectives of the study, Hypotheses of the study, Scope of the Study, Research Methodology, Statistical Tools and Limitations of the Study.

Chapter – IV:

The chapter focus on Data Analysis

Association of Socio-Demographic Factors of Single Parents with the Organizational Stress

The first objective deals with the **Association of Socio-Demographic Factors of Single Parents with the Organizational Stress** factors. In the chapter opinions of the respondents have been reflected through the frequency distribution and chi-square results.

Causes of Stress among single parents across select Professions

The second objective emphasized to identify the relative importance of**Causes of Stress among single parents.** The chapter deals with the various causing stress factors with the neural network statistical method.

Occupational Stress Factors Impact on the Work Life Balance

The third objective focused to know the **Occupational stress factors Impact on the work life balance.** The study applied the statistical method of structural equation model to know the key four occupational stress factors on the work life balance of single parents.

Self-Management Intervention Strategies

The fourth objective focused to know the **Self-Management Intervention Strategies.** The study applied the statistical method of exploratory factor analysis. The study indicated the measures to reduce the stress through the high loading factors among the Self-Management intervention strategies of single parents.

Chapter – V:

The chapter focuses on Findings, Conclusions, Suggestions and Further Research Scope

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